

# Soul Food

*Teaching her clients to live in more perfect harmony*

By JESSICA GIANNONE

When it comes to relaxation, one imagines lying on a beach under a palm tree, or lounging on a hammock swaying gently in the summer breeze. Some might even imagine that the closest thing to relaxation is just a break from a hectic life — a *real* break. Some of us just need guidance or peace. Well, this mental and physical clarity might be right around the corner. Other times, we may have to look a little further.

Diane Esposito, through her four-year-old Wallingford home business Personal Harmony & Health, explains her clients will come in and ask themselves, “What am I hungry for?”

She urges them to “Move to the heart of healing,” as she puts it.

Esposito is a certified Reiki master teacher and holistic coach who offers different forms of natural healing with guided meditation classes, personal Reiki sessions and certification classes, aromatherapy, holistic coaching, reflexology, EFT (emotional freedom technique), intuitive readings and classes on creating healthy relationships. She even leads classes on something called Angelspeake (more on that below).

Esposito also has an office at the Durham Naturopathic Health & Wellness Center.

“What some people get from church, other people get from [Esposito’s] types of therapy,” explains Diana Yates of Wallingford, who has been doing Reiki for more than 30 years, and working with Esposito for more than six months.

What exactly does Esposito do? Reiki is just one of the therapies she practices. Reiki involves the channeling the recipient’s energy by means of touch to activate the body’s natural healing processes and restore physical and emotional well-being. Esposito offers individual sessions for clients, who leave feeling relaxed and physically balanced with peace of mind.

North Havener Lisa Burton, 48, says the Reiki sessions in tandem with meditation helped her to feel more grounded and centered with clearer thought processes and direction.

“I’ve learned to really trust my intuition,” says Burton. “And I do believe that each of us has all our knowledge and answers within us. I think we have all the answers

but we need somebody to help us tune into them.”

Esposito says she tries to customize each session, addressing what each client needs most, integrating a blend of different healing arts into single session. During Reiki, for example, she might incorporate aromatherapy or holistic coaching into the session.

“They will come in for what they want,” says Esposito, “but they will definitely get what they need.”

Esposito explains that instead of waiting for a “bad situation,” people come in to maintain their strength and visit whenever they need to relax.

Yates praises the classes, which she says give her a direction for assisting herself in overcoming difficulties and stress.

“Her classes have helped me to be able to focus on what is necessary for me in the area of personal growth,” says Yates. “She seems to be able to help people see and think more clearly, and give them a sounder, clearer direction of what they need to do to bring happiness in their lives.”

A class that sparks particular interest is the Angelspeake class, where Esposito helps clients get in touch with themselves through their higher, or spiritual, sources of guidance.

The class involves people writing letters to themselves, as if the guidance was from a higher source, in which they address their hopes and fears in a process of letting go and reclaiming inner peace.

Maureen Cullen, who started seeing Esposito about two months ago, says she attended her first Angelspeake class wanting to improve every aspect of her life, from relationships to financial goals, and was looking for spiritual growth. She says she has grown because she knows



Clients come to her for what they want, says Esposito (right), ‘but they definitely get what they need.’

she has help and “loving support” she can turn to.

“I was ready for it,” says Cullen. “I was open. When I’m confused about something or am questioning, I can go inside.”

Burton says the Angelspeake class allowed her to quiet her mind and free her from distraction, helping her to tap into another “energy source” for inspiration.

Esposito’s clients range widely in age. Some are struggling with divorce or anorexia; others simply just want to relax and become more in touch with themselves.

“All fear-based actions, beliefs and thoughts are simply dissipating in the belief of themselves,” says Esposito. “It is such a rewarding transformation to witness.”

“Invest in yourself,” Esposito emphasizes. She says she “weaves the pieces together,” referring to the different practices put forth by different teachers of various healing arts.

Esposito shows people how to “take it and live it, dance with life anyway.”

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